Mautner Project

The National Lesbian Health Organization

Inside this Issue

SHE Circle 1
Fan Mail 2
Caring for Our Biggest Organ 3
Save the Date 4
In Sickness and in Health 5
And the Award Goes To 5
Bay Area Reception 6
Men of Mautner Honorees 6
The Heart Truth for Lesbians 8
Remembering Francine White 10
Welcome New Staff 10
Where We've Been/
Where We're Going 11
Thank You! 12
Wish List 12

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

—from the Constitution of the World Health Organization

Mautner Project Developing National Health Program for African American Lesbians

Spirit Health Education (SHE) Circle®— Holistic Wellness Program for African American Women who Partner with Women

Building on our successful Spirit Study of Black Lesbian and Bisexual Women's Health, the Mautner Project is developing the first national health education program focused on African American women who partner with women. Health is an integrated system of behaviors and beliefs that promote wellness of mind, body and spirit. SHE Circle will be a comprehensive, holistic educational program that fully utilizes the multi-dimensional influences of culture and sexuality. The groups are based on the principle of Ujima, which means "collective work and responsibility to build and maintain our community together." Through our interactive educational program, mutual support, access to resource information, and on-going follow-up, we will encourage women to make healthier lifestyle choices. Too often support groups are created to respond to disease. The SHE Circle aims to prevent disease.

The goal of the Spirit Health Education Circle (SHE Circle) will be to encourage healthy living strategies among African American women who partner with women through:

- cancer screening (breast, cervical and colorectal),
- healthy nutrition and exercise, and
- smoking cessation (and other addictions), stress management.

Kathleen DeBold and SHE Circle Advisory Board Member Mandy Carter

Funded in part by the U.S. Centers for Disease Control and Prevention (CDC), the program will consist of six Circle meetings focusing on breast, cervical and colorectal cancer screening, smoking cessation, nutrition and exercise, and coming out to your physician. Health education videos on each topic area, corresponding discussion guide, bro-

(See SHE on page 7)

Fan Mail

Hi Kathleen,

I find this [announcement of the SHE Circle holistic wellness program for African American women who partner with women] exciting and long overdue news . . . since being diagnosed and treated for breast cancer in March 1999 I have attempted to educate every woman that I come into contact with on the importance of early detection, being aware of one's own body and being an active participant in their healthcare. When I found a lump in my breast I went to urgent care on the weekend—that's how I alarmed I was—and was told by a nurse practitioner to put a warm compress on it. I, of course, scheduled an appointment with my primary care physician who in turn immediately scheduled me with a surgeon. Thanks for all you do.

—a Mautner Project supporter

Dear friends at the Mautner Project,

Thank you so much for participating in the Lance Armstrong Foundation's Spirit of Survivorship Tour. Matt and Whitney told me that they loved meeting with the Mautner group and that your participants were the most spirited! The pictures are wonderful—we will be sending them along soon. Thank you for your support and for making our tour a success. I hope we can coordinate again in the future.

Thank You!

—The Lance Armstrong Foundation

This newsletter is published by the Mautner Project, the National Lesbian Health Organization.

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The Mautner Project's Mission

The Mautner Project's mission is to improve the health and well-being of lesbians/women who partner with women (WPW) and their families by:

- Delivering services and support to WPW with cancer, their families and caregivers;
- Educating WPW about important health issues;
- Educating healthcare providers about the needs and concerns of their WPW clients;
- Promoting WPW health through research, advocacy and activism.

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The Mautner Project is a tax-exempt 501(c)(3) organization.

Combined Federal Campaign #2675

Caring for Our Biggest Organ!

Warm weather is here and that means, for some of us, days filled with fun in the sun. The sun plays an important part in all of our lives, from supplying us with important nutrients to enhancing our moods, but it can also play a very damaging role.

We don't talk about skin cancer nearly enough, given that it is the most common and the most preventable form of cancer! Some experts believe that 100% of skin cancers could be cured if detected early. This means that checking our bodies for new growths or changes to existing moles, freckles, or other marks is our monthly individual responsibility to maintain a healthy body.

June marks Skin Cancer Awareness Month. Medical experts have divided skin cancer into two categories: melanoma and non-melanoma. Non-melanoma is the most common type of skin cancer. There are two types of melanoma: basal cell and squamous cell carcinoma. Melanoma, while not as common as non-melanoma, is the deadliest form of skin cancer.

Basal and squamous cell carcinoma (non-melanoma) are most often found on areas of the body that are commonly exposed to the sun. These areas include the head, face, neck and arms. Melanoma, the more dangerous form of skin cancer, can occur on any skin surface. Because these lesions can occur anywhere on the body, we need to carefully check our skin regularly for new and unusual marks. The most common areas for some women are on the lower legs. The warning signs for this type of skin cancer are different than basal and squamous cell carcinoma and do not always fit the predetermined warning signs.

The safest way to prevent any form of skin cancer is to take notice of our bodies at all times. If you notice something unusual or new on your body, talk to your physician immediately!

A common misconception is that African American, African, and Caribbean individuals are not at risk for developing skin cancer. Although there is a much lower risk of developing melanoma for these communities than for Caucasians, the outcomes can be more severe. There are two main reasons for greater severity: 1) the most common type of melanoma found is acral lentiginous melanoma (ALM), a more aggressive type than found in Caucasians; and 2) ALM is usually detected later than other melanomas, which results in poorer prognoses.

Skin cancer affects different communities by appearing in varying places: the palms, fingers, toes, areas under and around the nails are more common trouble spots for African Americans, Africans and Caribbean individuals.

Are You At Risk?

Like other cancers, the exact cause of skin cancer is still unknown. However, there are certain risks that have been associated with the disease. We know that the following put you at greater risk:

- **Aging** (40 to 50 percent of Americans that live to age 65 will develop skin cancer at least once).
- **Fair skin** (Caucasians are at a 20 time higher risk for skin cancer than African Americans, Africans and Caribbean individuals, especially those with red or blond hair and blue or light-colored eyes).
- **UV rays** (ultraviolet radiation, from the sun or artificial tanning methods) .
- **Place of residence** (people living in the southern United States are at a greater risk).
- **Family history** (about 10 percent of those who develop melanoma have had a close relative with the disease).
- **Weakened immune system** (people who are being treated with immune suppression medications or are suffering from a disease that is compromising the immune system).
- **Moles**

Essentially, everyone should consider themselves at risk for developing skin cancer. We must increase our chances of noticing changes in our skin before it is too late! Prevention is key.

Warning Signs

Basal and Squamous Cell Carcinoma

The following are warning signs that may signal a problem. If you notice any of these signs, you should discuss them with your health care provider immediately:

- **Wart-like growth with a rough surface** that crusts or occasionally bleeds.
- **A small, smooth, shiny pale or waxy lump** that bleeds following minor injury. These lesions may be pink, white or yellow.
- **A persistent scaly red patch** with irregular borders that may crust of bleed.
- **Open sores** that bleed and crust and persist for weeks.
- **An elevated growth** with a central depression that occasionally bleeds. This type of growth may rapidly increase in size and tiny blood vessels may appear on the surface.

(See *Sun* on page 7)

One Reason to Donate to the Mautner Project: Tax Deductions!

By Mautner Project supporter Patti Ghezzi

Depending upon certain factors (such as your income bracket and whether you itemize), your charitable contributions may reduce the tax you owe the federal government.

This means—if you qualify (and most of us will)—every contribution you make to the Mautner Project (or any other qualified charitable organization) reduces your federal tax bill. In my case, for every $3 that I contribute, I pay $1 less in taxes. In effect, when I contribute $30, my out of pocket cost is only $20. It's equivalent to a rebate for supporting organizations that support us.

Another great reason to support the Mautner Project! ❤

Upcoming Events

Mautner Project in Philadelphia: On Saturday June 12, the Mautner Project will recognize individuals and groups in the Philadelphia community for their contributions to lesbian health through research, advocacy, healthcare, education, and direct service. This event will take place at Sisters Nightclub in Center City Philadelphia (1320 Chancellor Street, in the heart of Philly's LGBT community).

In August, we will help celebrate **Gay Day at the Phillies** with a special event at the ballgame. For more information about these events, or for sponsorship opportunities, please contact Bradley Houseton at Bradley@mautnerproject.org or (202) 316-7222.

The Mautner Project also plans to host events in **Minneapolis** and **New York City** in the coming months . . . stay tuned for more updates, or contact us at (202) 332-5536 or mautner@mautnerproject.org. ❤

American Airlines: Help the Mautner Project When You Fly

American Airlines is the Official Airline of the Mautner Project for Lesbian Health. Every time one of our supporters flys American Airlines, American Eagle, or AmericanConnection, both you and the Mautner Project can earn valuable rewards. You earn individual AAdvantage miles at the same time you earn "Business ExtrAA" points for the organization. **Help us by using our Business ExtrAA number every time you fly on American: 527580.** Book travel at www.aa.com or by calling 1 (800) 433-1790. You have to enter the number at the time of making your reservation, or it doesn't count! If you have any questions about this program, please contact us at (202) 332-5536 or mautner@mautnerproject.org. Thanks for your support, and happy travels!

SAVE THE DATE!

For the 2004 Mautner Project Gala Dinner, Dance & Auction: Saturday, October 2, 2004.

The fun returns on Saturday, October 2 at the Hilton Washington & Towers! This year's fabulous emcee will be lesbian comedian Karen Williams, and more special guests will be announced soon. Don't miss out—reserve your space today at www.mautnerproject.org or by calling (202) 332-5536. Remember, the earlier you pay for your table, the better placement you receive in the ballroom. We're expecting over 1,800 attendees this year!

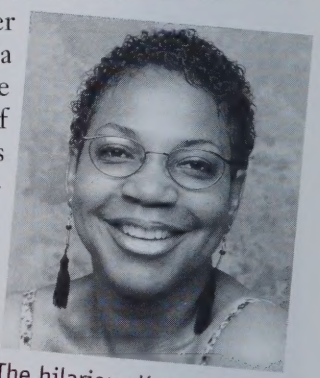
You can learn more about gala sponsorship and advertising possibilities on the enclosed form—fill it out and return it as soon as possible. Remember, this event is a wonderful venue for you to highlight your goods, services and community involvement or just thank special friends and volunteers as a sponsor, advertiser, and/or auction donator.

As the national lesbian health organization with an extensive local services program, the Mautner Project is one of the DC-area's most respected non-profits. The Gala is one of the premier community events of the year, and provides much-needed resources for the Mautner Project's healing work. Without the generous support of people like you, the Mautner Project would not be able to deliver services to our clients, conduct groundbreaking research, or provide community education.

Because we will be promoting this event heavily through the mail, advertisements, on-line and through our newsletter, sponsoring or advertising is a great way for you to spread the word about your company or organization, or recognize friends and volunteers. As you can see on the enclosed form, we have put together a special selection of sponsorship and advertising opportunities.

If you are unable to sponsor or advertise, or want to have an even bigger presence that night, please consider donating items to the silent auction.

If you would like to help plan the 2004 Gala, join the Gala Committee! The Mautner Project Gala Committee is a group of volunteers who provide input, advice, and assistance for the annual Gala Dinner, Dance & Auction—the biggest Mautner Project event of the year, and THE place to be for women who partner with women. It's a great way to meet new people, get involved with the Mautner Project, and have fun for a good cause.



The hilarious Karen Williams!

For more information about the 2004 Gala, contact Meghan Duffy at (202) 332-5536 or mduffy@mautneproject.org. ❤

In Sickness & In Health®

*Marriage as an LGBT Health Issue**

Many of the thousands of rights and responsibilities associated with marriage are health-related, and without a legal marriage, a couple needs to sign several agreements to create even a partial framework of protection. Health-related rights associated with marriage include:

- **Having priority status** if a conservator needs to be appointed to make medical decisions on your partner's behalf.
- **Receiving Social Security, Medicare, and disability benefits** for partners.
- **Receiving veterans' and military medical care benefits** for partners.
- **Obtaining health insurance benefits** through your partner's employer.
- **Receiving family rates** for health insurance.
- **Receiving consumer discounts and incentives** for medical services offered only to married couples or families.
- **Taking family leave** to care for your partner during an illness.
- **Taking bereavement leave** if your partner or one of your partner's close relatives dies.
- **Visiting your partner in a hospital** intensive care unit or during restricted visiting hours.
- **Making medical decisions** for your partner if s/he becomes incapacitated and unable to express wishes for treatment. Hiring and firing your partner's medical personnel.
- **Making medical decisions for your children** if your partner is the legal parent.
- **Getting court authorization** to enforce your partner's healthcare wishes if a hospital or doctor refuses to honor them for any reason.
- **Having access to your partner's and your children's** medical records.
- **Living together** in assisted-living facilities and nursing homes.
- **Consenting** to after-death examinations and procedures.
- **Making** burial or other final arrangements.
- **Suing** for malpractice for the wrongful death of a partner or loss of consortium.
- **Obtaining** domestic violence protection orders.
- **Obtaining legal protection/help** when "divorcing" to achieve equal/fair treatment regarding "marital" property, assets, etc. including partner's health insurance and pension for support.

**from In Sickness and In Health™: an educational program of The Mautner Project for Lesbian Health*

The Mautner Project is also developing Til Death Do Us Part® —an educational program about end-of-life issues for women who partner with women. For more information, or to support these projects, please contact the office at (202) 332-5536 or mautner@mautnerproject.org. ❤

Bay Area Reception

The Mautner Project went west in April, with our first-ever California event. Board member Darlene deManincor and her partner Emily Rosenberg hosted the "In Sickness & In Health" event, which drew a great crowd of Bay Area Mautner Project supporters. We honored Dr. Kate O'Hanlan with a surprise "Healing Works" Award, and were thrilled to have so many people welcome us to the west coast. Special thanks to media sponsor Curve magazine, and to our hosts and sponsors: Margie Adam, American Cancer Society California Division, Mary Chung, Brenda Crawford, Suzanne Dibble, Marta Drury, Hon. Bevan Dufty, Paula Ettelbrick, Katherine V. Forrest, Jewelle Gomez, Katia Hetter & Kim Severson, Karin Kallmaker, Ellyn Kaschak, Kate Kendell, Hon. Susan Leal, Lesbian Health Research Center, Kerry Lobel, Susan Love, Del Martin & Phyllis Lyon, Hon. Carole Migden, Caitlin Ryan, Nicole Schapiro, Shane Snowdon, Kate O'Hanlan & Le'onie Walker, Doretha Williams-Flournoy. ❤

San Francisco Supervisor Bevan Dufty, a host of our Bay Area event, with Kathleen DeBold.

And the Award Goes to . . .

In March, An **Uncommon Legacy Foundation** honored Mautner Project Executive Director Kathleen DeBold with the **Woman of the Year Award** for her commitment to lesbian health and work as a community activist.

One month later, Kathleen received yet another award! **Pride at Work,** a constituency group of the AFL-CIO representing LGBT union workers, honored her at their **"Pride in Women—Pride at Work"** reception.

Kathleen DeBold and Barbara Johnson with Uncommon Legacy's Uncommon Man of the Year, Congressman Barney Frank.

The Mautner Project and the Coalition of Labor Union Women are partnering on the "Working Women ROCC!" project, reaching out against cervical cancer.

The **Gay & Lesbian Activists Alliance of Washington,** DC bestowed its **Distinguished Service Award** on the Mautner Project in April. Deputy Director Cheryl Pearson-Fields accepted the award.

In May, the **Gay Men's Chorus of Washington** pays tribute to the Mautner Project at their annual Spring Affair, where they will also honor Mautner Project supporter extraordinaire Peter Rosenstein!

And, last but not least:

Clearly Kathleen DeBold is a woman of many and varied talents! In the May 2004 issue of The Atlantic Monthly,* she was cited as a champion neologist, one who introduces new words or new senses of old words into a language. The publication challenged readers to create a word for "the fear of throwing a party and having no one show up." Kathleen offered, "I am the executive director of a small nonprofit, and we rely on fundraising events for a third of our income. I know too well the dreaded feeling that our party will be a bomb. I call it **fête-alism.**" Congratulations Kathleen (and help her avoid that dreaded feeling by attending lots of Mautner Project events)! ❤

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GLAA President Kevin Davis and MP Deputy Director Cheryl Pearson-Fields.

See "Word Fugitives" in The Atlantic Monthly | May 2004 by Barbara Wallraff: http://www.theatlantic.com/issues/2004/05/wallraff.htm

Men of Mautner Honorees

In April, the Mautner Project hosted our second annual Men of Mautner reception in Washington, DC. We had the pleasure of honoring two wonderful Men of Mautner: **Ian C. Gibson-Smith and Brian A. Johnson.** Both Ian and Brian have been long-time supporters, and have helped through donations of time, money, and by spreading the word to bring new members into the Mautner Project family. Many thanks to **Donald Uttrich and James Foster** for inviting us into their home for the party, as well as to all of the hosts, sponsors, and attendees. ❤

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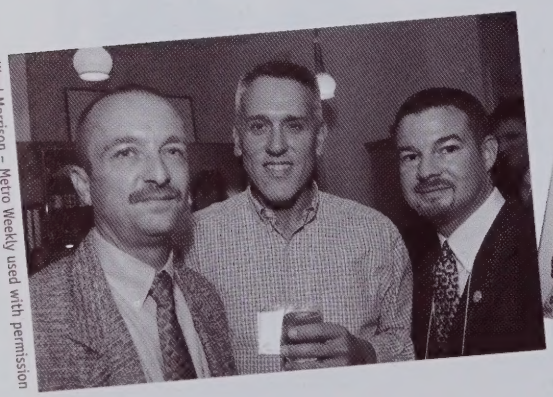

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Sun continued from page 3

Melanoma

The following are warning signs that should be discussed with your healthcare provider immediately:

- **A new black, abnormal, or "ugly – looking"** mole
- **Spots that change** in shape, size, or color.
- **One half of the mole's shape** doesn't match the other half.
- **The mole's edges are ragged or notched** with the pigment spreading into the skin.
- **The mole's color changes** through the lesion. There may be shades of tan, brown, black or patches of red, blue or white.
- **The mole is wider than** 1/4 inch or an existing more appears to be increasing in size (about the size of a pencil eraser head).
- **A mole that was flat increased in height.**

Examining Tips

- **Examine your own skin head-to-toe** at least once every three months. If you spot any new growth or change in an existing growth, see a skin disease specialist immediately.
- **Seek an annual professional skin examination.** If you are African American, make sure your provider pays special attention to the palms, soles, fingers, toes, and nail areas.
- **Make sure your doctor remains alert** to the possibility of melanoma and uses optimal diagnostic procedures; if a melanoma is found, it should be removed promptly through appropriate surgery.

Tips For Preventing Skin Cancer

- **Incorporate a body check** into your monthly self-care routine. Check your entire body for new or unusual moles, and changes to existing moles, freckles, or other marks. (You could have someone else help you with this…)
- **Avoid the midday sun** (10am to 4pm). If you are going to be out, use a sunscreen with an SPF of 15 or more—EVERY DAY, whatever the season and whatever the weather!
- **Sunscreen should be applied 30 minutes before you go out in the sun** and reapplied every 2 hours. Reapply after swimming and excessive perspiration.
- **Seek shade whenever possible.**
- **Wear a shirt and a wide brimmed hat** to protect your body, and sunglasses with UV protection to protect your eyes.
- **Avoid tanning beds or lamps.**
- **Protect children and adolescents.** Children who receive severe blistering sunburns are at increased risk to developing melanoma later in life.

As we enjoy sun-filled days, think ahead about how you will protect your beautiful skin this summer. Buy skin lotion with an SPF of 15 or more, keep a small bottle of sunscreen in your bag for those unexpected days of sun exposure, and don't forget your sunglasses. Here's to a healthy and fun summer!

For additional information and tips on self-exams please visit:
American Cancer Society at www.cancer.org
National Cancer Institute at www.cancer.gov
Skin Cancer Foundation at www.skincancer.org ❤

References

African Americans Who Develop Melanoma Have a Worse Prognosis Than Whites: The Skin Cancer Foundation. www.skincancer.org/news/010817-african.html

Skin Cancer Information: College of American Pathologists. www.cap.org/apps/docs/fact_sheets/skincancer_info.htm

SHE continued from page 1

chures, resource guide and other materials will be available. The Mautner Project will also launch the *Spirit of Wellness* website for African American lesbians and bisexual women. Additionally, we will prepare replication packages to facilitate dissemination of the program across the country.

Led by Mautner Deputy Director Cheryl Pearson-Fields, MPH, and Ami Gaston as the Project Coordinator, the SHE Circle draws on partnerships with national and community-based organizations.

MP Board Chair Kathleen Maloy, Kathleen DeBold, and SHE Circle Advisor Marilyn Gaston

The National Advisory Committee for the SHE Circle is composed of noted researchers, practitioners, community activists and healthcare consumers, including Former Assistant Surgeon General **Marilyn Gaston, MD; Malika Saadasaar, JD,** executive director of the Rebecca Project for Human Rights; **Mandy Carter,** Southerners on New Ground; **Nancy Norman, MD, MPH,** Director of Women's Health at Boston's Fenway Community Health Center; **Georgette Howell, MS, RD, LDN,** Assistant Professor at Immaculata University; **Monique Meadows,** Development Director for the National Youth Advocacy Coalition; **Rev. D. Abena McCray,** Pastor of the Unity Fellowship Church; **Ngozi Messam,** personal trainer and Community Relations Field Manager for the National Latina/o Lesbian and Gay Organization; **Martina Barnes,** Deputy Director for the Institute for Behavioral Research; eating disorders specialist **Pamela Freeman, MSW; Shakira Washington, MPH,** former Research and Program Director of the Georgetown University Lombardi Comprehensive Cancer Control Program; **Denise Hyater,** Vice President of Communications at the American Cancer Society; **Minister Janyce L. Jackson,** Executive Director of LITUFC HIV/AIDS Prevention and Care Services Program; and writer, journalist, and Reiki practitioner **Ade Aboussena.**

For more information about the SHE Circle or to donate in support of the program, please call 202-332-5536 or email agaston@mautnerproject.org. ❤

The Heart Truth for Lesbians: An Action Plan

When you hear the term "heart disease," what's your first reaction? Like many women you may think, "That's a man's disease." But here's The Heart Truth: Heart disease is the #1 killer of women in the United States. In fact, one in three women dies of heart disease.

For Lesbians, the risk of heart disease may be even higher. Factors that increase women's risk for heart disease – such as obesity, smoking, stress and lack of exercise – are prevalent among lesbians. But because lesbians are left out of most research studies, the true impact of heart disease among lesbians is unknown.

But there's good news too: By taking action, you can lower your chance of developing heart disease and its risk factors. In fact, lesbians can lower their heart disease risk by as much as 82 percent just by leading a healthy lifestyle. This fact sheet gives steps you can take to protect your heart health starting today.

WHAT IS HEART DISEASE?

Coronary heart disease (the most common form to heart disease) is a disorder of the blood vessels of the heart that can lead to a heart attack. It is a lifelong condition and will steadily worsen unless you can make changes in your daily habits.

Risk Factors for Health Disease

Risk factors are conditions or habits that increase the chances of developing a disease or having it worsen, and lifestyle affects many of the "risk factors" for heart disease. For heart disease, there are two types of risk factors – those you can't change and those you can control. The ones you can't change are a family history of early heart disease and age, which for women becomes a risk factor at 55. That's because, after menopause, women are more likely to get heart disease. Partly, this is because their body no longer produces estrogen. Also, middle age is a time when women tend to develop other heart disease risk factors.

The good news is that most of the risk factors can be controlled. Often, all it takes are lifestyle changes; sometimes, medication also is needed. Here's a quick review of some major risk factors:

Access to care: Lesbians have decreased access to health care due factors such as lower levels of health insurance, and heterosexism/ homophobia among health care providers. These barriers mean that lesbians often delay seeking care until their conditions are advanced. Making sure that you have access to routine health care and a good relationship with your provider are important ways to identify health problems early and get appropriate treatment. It's also important to "come out" to your provider and have the necessary legal and medical documents (e.g., medical powers of attorney, living will, hospital visitation rights, etc.) in case of emergency.

Smoking: Lesbians are more likely to smoke and often smoke more than heterosexual women. If you quit, just one year later, your heart disease risk will drop more than half. There's no easy way to quit, and it may take many tries, but you can do it. Many organizations have LGBT-specific smoking cessation programs – ask The Mautner Project to help you find one. Medication is also available – ask your doctor or healthcare provider if it's right for you.

High Blood Pressure. Also called hypertension, high blood pressure increases your risk of heart disease, stroke, and congestive heart failure. Even levels just slightly above normal (called prehypertension) increase your heart disease risk.

Elevated blood pressure can be lowered by following a heart-healthy eating plan, including limiting your intake of salt and other forms of sodium, getting regular physical activity, maintaining a healthy weight, and, if you drink alcoholic beverages, doing so in moderation (not more than one drink a day). If you have high blood pressure, you may need to take medication – check with your healthcare provider.

High Blood Cholesterol. Excess cholesterol and fat in your blood builds up in the walls of vessels that supply blood to the heart and can lead to blockages. A "lipoprotein profile" tests your levels of key types of cholesterol – total, LDL ("bad"), and HDL ("good") cholesterol – and triglycerides, a fatty substance in the blood. You can lower your cholesterol by following a heart-healthy eating plan, being physically active, maintaining a healthy weight, and if needed, taking medication.

Overweight/Obesity. According to the Institute of Medicine, Lesbians tend to have a higher body mass index than non-lesbians, increasing the risk not only of heart disease but also a host of other conditions, including stroke, gallbladder disease, arthritis, and some cancers. If you're overweight, even a small weight loss will help lower your risk. At the very least, try not to gain more weight. Lasting weight loss needs a change of lifestyle--adopt a healthy, lower-calorie eating plan and get regular physical activity. Concentrate on getting fit, and losing fat will follow. Aim to lose no more than ½ to 2 pounds per week.

Physical Inactivity. Physical activity is crucial for good health, including heart health. Try to do at least 30 minutes of a moderate-intensity activity such as brisk walking on most and, preferably, all days of the week. If you need to, divide your exercise into shorter periods of at least 10 minutes. Look for activities that you enjoy.

Diabetes: About 11 million Americans have been diagnosed with diabetes – and another 5.7 million don't know they have it. Two-third of those with diabetes die of a heart or blood vessel disease. Diabetes can be detected with a blood sugar test and modest changes in diet and exercise can often prevent or delay development of the disease.

Stress: In addition to the stressors of everyday life facing all women, lesbians must deal with increased stress due to anti-gay discrimination at work, in their families and in society in general. Because of this, it's especially important for lesbians be aware of their stress levels and work to reduce them. Exercise, stress reduction techniques like meditation and yoga, support groups and good eating habits can help. If stress is a serious problem for you, ask your healthcare provider to assess your stress levels and whether counseling or medication can help.

QUESTIONS TO ASK YOUR DOCTOR

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me and what do I need to do about it?
3. What are my cholesterol numbers? [including total cholesterol, LDL, HDL, and triglycerides] What do they mean for me and what do I need to do about it?
4. What is my "body mass index" (BMI)? Does it mean I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes? What do I need to do about it?
6. What other screening tests for heart disease do I need?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What's a heart-healthy eating plan for me?
10. How can I tell if I may be having a heart attack? If I think I'm having one, what should I do?

TAKING ACTION

Now that you know the Heart Truth for Lesbians, what should you do? Begin by finding out your "risk profile." See the box above for questions to ask your doctor. Then begin taking the steps to heart health – don't smoke, follow a heart-healthy eating plan, be physically active, and maintain a healthy weight. Start today to keep your lesbian heart strong!

TO LEARN MORE

The Mautner Project
National Lesbian Health Organization
Phone: 202.332.5536
www.mautnerproject.org

NHLBI Health Information Center
Phone: 301.592.8573
TTY: 240.629.3255
www.nhlbi.nih.gov/health/hearttruth

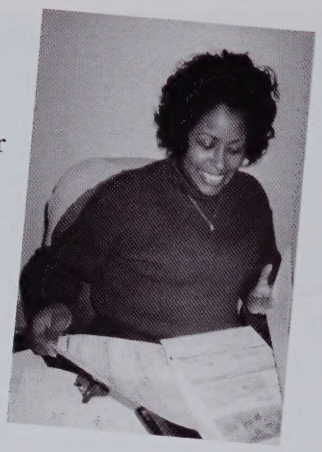
American Health Association
Phone: 1-888-My Heart
www.americanheart.org/simplesoulutions

WomenHeart: The National Coalition for Women with Heart Disease
Phone: 202.728.7199
www.womenheart.org

Office on Women's Health
U.S. Department of Health and Human Services
National Women's Health Initiative Center
Phone: 1-800-994-Women

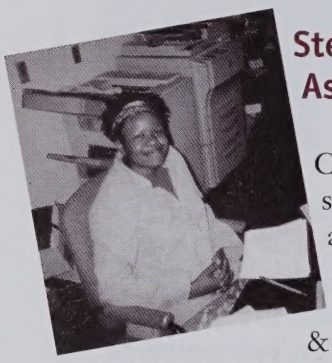
Materials were developed in collaboration with the Heart Truth Campaign.
The Mautner Project
1707 L Street, NW,
Washington, DC 20036

Welcome New Staff



Catina Ford, Junior Accountant

Catina Ford graduated from Strayer University with an AA in accounting and is a continuing student expected to graduate in Spring 2006 with her BA in Accounting. She then plans to move forward in her career by sitting for the CPA exam to become certified. Catina brings over 8 years of accounting experience to the Mautner Project. We wish her the best of luck and extend her a warm welcome.



Stephanie Cooper, Development Assistant

Erstwhile development intern Stephanie Cooper recently joined the Mautner Project staff as the Development Assistant. Stephanie attended Ithaca College in New York where she studied in an individualized program, Criticism & Analysis of Performance Art & Film. Since beginning her undergraduate studies, she has been immersed in grassroots organizing around several issues. As a labor union organizer, she worked to develop leaders among low-wage immigrant workers in the DC area. She also brings experience on sexuality education and client services through her work at Planned Parenthood in Ithaca, NY. Her passion for social justice drew her to the Mautner Project's progressive work on lesbian health issues. She is currently working with Development Director Meghan Duffy on upcoming outreach & fundraising projects. ❤

Golf Tournament

On May 16, the Mautner Project sponsored our inaugural Swing Into Spring Annual Golf Tournament, drawing a sold-out crowd of golfers and fans!

Thank you to our sponsors, advertisers, and auction/prize donators: American Airlines; RSVP Vacations; Jonna S. Wooten, State Farm Insurance; Diane Willkens, Development Finance International, Inc.; Gurne Porter & Baulig, PLLC: serving the legal needs of the non-profit community; Victoria C. Hill; Knock on Wood Tap Studio; Judy Moats; WomenFit; Emily Jeter; Woodhull Freedom Foundation; Wanda J. Bair, MSW; Noel Jablonski, LPGA Teaching & Club Professional member, Class A & co-owner, Every Body Golf School; Club Golf; Logan Tavern; Judy Moats; Jann Mouer; Deb Morris; Moody Mustafa; Potomac Riverboat Company; Raspberry Falls Golf Club; Source Theatre Company; Julieta Stack; Swan Point Yacht & Country Club; Tantallon Country Club; Teaism; TenPenh. ❤

Remembering Francine White

Francine White was born January 27, 1949 in Alice, Texas, the daughter of Sarah Margaret Lilley and Frank Edward White. She received her B.A. in Sociology in 1970 from the University of Texas. She obtained her M.S. in Student Personnel and Guidance in 1972 and her Ed.D in Counseling/Counselor Education from East Texas State University in 1981.

Fran joined the Counseling Department of Gallaudet University in 1981. Prior to coming to Gallaudet, she served as Dean of Women at the Texas School for the Deaf from 1974 to 1977.

Fran was a wonderful teacher, advisor and program director. During her time as program director she was responsible for obtaining over $1 million in grant support for the School Counseling and Guidance Program. Fran had deep interest in providing training on alcohol and drug abuse prevention. She also developed elective courses on Gay and Lesbian Issues. What also made Fran special was her keen interest and love for foster children, their rights and welfare. She was a licensed Foster Parent for the District of Columbia. Both Fran and her life partner, Denise Tilrico, opened their home to foster children over the years and adopted four of these children into their family.

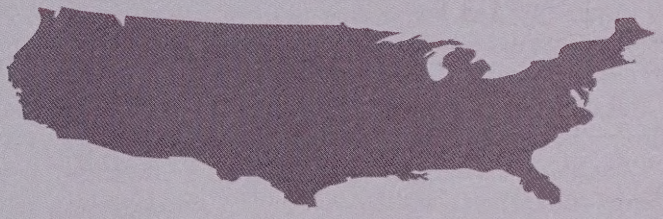
Fran is survived by her life partner, Denise; their five children, Dommanita, Delonte, Jerome, Jasmine and Menelique, and her sister Sarah Reid, her brother-in-law, Jerry Reid and her niece and nephew, Emily and James.

The family asks that memorial donations be made to The Fran White Counseling Student Scholarship Fund through the Department of Counseling as Gallaudet University, 800 Florida Ave., NE, Washington, DC 20002 or the Christian Family Montessori School, 3628 Rhode Island Ave., Mount Rainier, MD 20712. ❤

Where We've Been

Jan17-18: NBC4 Health & Fitness Expo, Washington, DC
January 23: Center for Policy Research (CPR) workshop on nutrition and dieting, Washington, DC
January 24: Mautner Project Board of Directors meeting, Washington, DC
January 24: SHE-Circle National Advisory Committee meeting and launch reception, Washington, DC
February 19: Mautner Project Give Love Event, Washington, DC
February 21: 4th Annual Young Women's Breast Cancer Survivor conference, Philadelphia, PA
February 21: SMYAL presentation on tobacco use/ cessation in LGBT communities, Washington, DC
February 26: Mayor's LGBT Advisory Committee Meeting, Washington, DC
February 28: Mautner Project Volunteer Appreciation Party, Washington, DC
March 4: LGBT Leadership class presentation, University of Maryland, College Park, MD
March 4-5: Removing the Barriers Training of Trainers, Washington, DC
March 18: "Healthier Living for Lesbians" presentation at Chase Brexton, Baltimore, MD
March 19: Merge Party to kick off LGBT Health Awareness Week 2004
March 19: Kate Clinton show at the Birchmere, Alexandria, VA
March 20: Uncommon Legacy Casino Night, Washington, DC
March 20: Whitman Walker Clinic Lesbian Services Program dance, Washington, DC
March 22: National Association of LGBT Community Centers reception, Washington, DC
March 22: Mautner Project Community Health Workshop, Washington, DC
March 24-28: Intercultural Cancer Council-9th Biennial Symposium on Minorities, the Medically Underserved & Cancer, Washington, DC
March 26: Holly Near/Cris Williamson concert at the Birchmere, Alexandria, VA
March 27: Montgomery County Women's Fair, Silver Spring, MD
April 7: Idaho Department of Public Health, presented "Breaking the Barriers," Boise, ID
April 13: In Sickness & In Health Bay-Area reception, San Francisco, CA
April 17: 4th Annual Camp Rehoboth Women's Conference, Rehoboth Beach, DE
April 18: Victory Fund Brunch, Washington, DC
April 20: GLAA Awards, Washington, DC
April 21: Men of Mautner event, Washington, DC
April 23: Pride in Women – Pride at Work reception, Washington, DC
April 23- 24: LLEGO Latina Lesbian Health Summit & Dinner, Washington, DC
April 24: Youth Pride, Washington DC
April 25: March for Women's Lives, Washington, DC
April 27: Gay Travel Expo, Washington, DC
April 30: Cherry Curve Women's Dance, Washington, DC
April 30-May 2: GenderPAC National Conference on Gender, Arlington, VA
May 5: Montgomery County BCCEDP- "Breaking the Barriers," Wheaton, MD
May 5: Queero de Mayo Health Fair, Washington, DC

Where We're Going



May 12: Mautner Project night at Venus Theatre
May 16: Swing Into Spring Golf Tournament, Woodbridge, VA
May 19: mothertongue women's spoken word benefiting MP, Washington, DC
May 19-22: National Lesbian Health Conference, Chicago, IL
May 21: Women Steppin' Out Dance benefiting MP, Rockville, MD
May 28: RTB presentation at Georgetown Medical School, Washington, DC
May 29-31: Black Pride, Washington, DC
May 31: World No-Tobacco Day
June 6: Pride Kickoff BBQ at Phase One, Washington, DC
June 11-12: LGBT Tobacco Strategic Planning Meeting, Ft. Smith, Arkansas
June 12: MP Awards Reception at Sisters nightclub, Philadelphia, PA
June 12-13: Capital Pride, Washington, DC
June 18-19: SAGE Conference, New York, NY
June 22-23: BCCEDP Directors meeting, New Orleans
July 10: Rehoboth Beach event with Outskirts of Town & DJ Sharon Messina, Rehoboth Beach, DE

October 2: GALA, Washington, DC

Jay Pennington for pro bono writing/editing assistance.

The Phase One for donating the space and the DJ for the Volunteer Party.

Linda Wood for a much needed Paper Trimmer.

Lisa Riley for quickly volunteering to pick up a filing cabinet.

Ruth Wilson for donating the filing cabinet.

Ellen Kardell for donating Rubbermaid tubs. (Outreach is extremely thankful!!!)

Jean Homza for making the arrangements with the Phase for the Volunteer Party and Pride Kickoff BBQ.

Kris Aulenbach, Norma Slaveter, Jessica Fomalon and **Katherine Vierk** for volunteering at the Montgomery County Women's Fair.

Ellen Collins and Kathy Mansheim for helping kick-off LGBT Health Awareness week at the Merge Party.

Ana Martinez for visiting Soft 'n' Wet to spread awareness about the Mautner Project and self-breast exams.

Soft 'n' Wet for having the Mautner Project be part of all Saturday parties.

Therese Szymanski for ongoing design and technical assistance.

Burgundy Crescent Volunteers for going above and beyond!

Claudia Krizay for ongoing help in the office.

Jessica Fagerhaugh for editing and new and improved client services training.

Barbara Johnson, Carol Walker, Blanca Barrera, Claire Huschle, Peggy Schulte, David Fox, Libby Leader, Gloria Dillon, Joan Darrah, Lynne Kennedy and Laurie Perper for their direct services volunteerism.

Our fabulous client services interns Wendy Sittner, Bianca Slota, Nichole Taylor, & Kelly Hennessy, for their continued support.

Presenters Julia Hemingray, RD, LD (Nutrition) and Stephanie Kendall, MA (Communication) for sharing important information at the community health workshops.

Lorraine Biros, Cindy Arno, Carol Walker for being outstanding support group facilitators.

Yvonne Lee, Sharahn Boykin, Renee Drayton and Selina Musuta for volunteering at the Baltimore Drag King Palooza.

Sherri McGee, Debbie Elliot, Libby Leader, Renee Stubbs, Marge Tolchin, and Peggy Schulte for making up an outstanding Client Services Committee.

Sherry Bell & Dutch Ticklestick of Kings Castle Entertainment for hosting event in Baltimore to benefit MP.

Linda Adams for donating a labelmaker.

Brian Johnson for being the first person to pay for a gala table!

Marge DuMond for including the Mautner Project in her estate plan.

Brian Croft and Fahrenheit for donating filing cabinets and installation.

Sharon Messina, DJ Sharkums, for locating space and DJing the Rehoboth party.

Outskirts of Town for helping plan and playing the Rehoboth party.

Coalition for World No-Tobacco Day for providing a grant to fund our WNTD programming.

Vicki Harris for donating profits from her Pre-March Unity Party to the MP.

All of the marchers in the MP March for Women's Lives delegation.

Yvonne Lee for fabulous outreach help at events.

Patrick Bruyere and David Clarenbach for volunteering at Men of Mautner.

Tyler LePard for her work as an RTB intern.

Stef Fisher & Ali Oestrich for being fantastic development and outreach interns.

All of our Cherry Curve volunteers!

AmericanAirlines® is the official airline of the Mautner Project.

Wish List

If you can help the Mautner Project by donating any of these items OR providing funding for us to purchase them, please contact mduffy@mautnerproject.org or (202) 332-5536. Thank you!

- Graphic design help: we need pro bono graphic design assistance—if you or someone you know could donate their time and expertise, let us know!
- Items and services for the Gala Auction: new items, donations of services (such as massage, cleaning, spa treatments, etc), art, gift certificates for dining/entertainment, tickets to events, vacation packages, etc!
- LCD projector
- Extension cords
- Power strips
- Stickers for Kathleen
- Chewing gum for smoking cessation group members
- Gas and parking money for client services volunteers ($12/day, sponsor as many days as you like)
- Funding for new lesbian health brochures ($25 helps us print 100)
- CD burner for the office
- Book: Transgender Emergence (Haworth Press) By Arlene Istar Lev

The Mautner Project

National Lesbian Health Organization

FROM THE EXECUTIVE DIRECTOR

I can tell that summer's finally on the way because the air is filled with warm breezes and buzzing cicadas (at least here on the Coast!). As more and more flowers start to bloom around us, I'm pleased to share with you some of the exciting things that have been blossoming at the Mautner Project for Lesbian Health.

In the last newsletter, we promised more details about our new initiative: the first-ever national health education program focused on African-American women who partner with women, the Mautner Project's **Spirit Health Education Circle** (*SHE-Circle*)®. You'll find the news front and center on page 1 of this issue. This groundbreaking program is a long-term investment over several years, so expect to hear more, and please let us know if you'd like to be involved in and/or support it.

Of course, summer means sun exposure for many, and so we're here to remind you to take care of your skin! June marks **Skin Cancer Awareness Month**, and we've got tips and warning signs to help you and your loved ones minimize your risks and get proper screening if you need it (page 3).

In other health education news, the Mautner Project successfully conducted the first national health awareness program awareness program for our community. We plan to continue and expand our **Heart Truth for Lesbians** campaign in the coming years, so be sure to check out our fact sheet on pages 8-9 and let us know what you think.

Finally, the summer is also a very special time for all of us at the Mautner Project because…it's almost GALA time! This year's **Gala Dinner, Dance & Auction** will be held on **Saturday, October 2, 2004**. It may seem far away, but early birds have already reserved their tables, sponsorships, and ad spaces. The Gala is one of the premier events of its kind in the nation, and I invite you to become part of it by filling out the form enclosed here and returning it today. You can also register online at our website, www.mautnerproject.org.

Thanks to your support, **we are providing more programming, serving more clients, and educating more people than ever before, so much so that our resources are stretched thin. Will you please make a 100% tax-deductible contribution *today* to help us continue to meet our community's health needs?** If so, please return the enclosed envelope or make your gift on-line at www.mautnerproject.org.

As always, if you have any questions about our work, or know anyone who might benefit from our services, please contact me at (202) 332-5536 or mautner@mautnerproject.org.

Wishing you health and happiness,

Kathleen

Kathleen DeBold

Taking Care of Ourselves. Taking Care of Each Other.

1707 L Street NW, Suite 230 • Washington, DC 20036 • Telephone (202) 332-5536 (Voice/TTY) • Fax (202) 332-0662
www.mautnerproject.org • mautner@mautnerproject.org

Mautner Project GALA 2004
Sponsorship/Advertising Opportunities

Become a Sponsor or Advertiser at the October 2, 2004 Gala!

Program Advertisements:

Placing an ad in the Gala Souvenir Program is a wonderful way to advertise goods/services, show your support for our community, remember a loved one, honor the Mautner Project's Founding Mothers, thank your favorite Mautner Project volunteers, congratulate Mautner Project Award winners, or send a personal message. It's also an extremely cost-effective way to promote your business or organization to the more than 1,800 community leaders, business and professional people who will attend. **See other side of form for size and rate information. All ads are black & white.** *Let us know if you need help designing your ad.*

Sponsorship Opportunities:

___ **PLATINUM:** $20,000+
20 VIP Gala tickets (2 tables), full page program book ad, special acknowledgment from the podium and on the Gala big screen, recognition in the program, newsletter and website

___ **DIAMOND:** $10,000+
10 VIP Gala tickets (1 table), full page program book ad, acknowledgment from the podium and on the Gala big screen, recognition in the program, newsletter and website

___ **GOLD:** $5,000+
10 VIP Gala tickets, half-page program book ad, acknowledgment on the Gala big screen, recognition in the program, newsletter and website

___ **SILVER:** $2,500+
5 VIP Gala tickets, half-page program book ad, acknowledgment on the Gala big screen, recognition in the program, newsletter and website

___ **BRONZE:** $1,500+
2 VIP Gala tickets, quarter-page program book ad, acknowledgment in the program, newsletter and website

___ **SPONSOR:** $500+
2 Gala tickets, business card program book ad, acknowledgment in the program, newsletter and website

___ **SILENT AUCTION** $2,000
Full back cover auction program ad, name/logo on auction signage, recognition in program, on the Gala big screen, newsletter and website

___ **RECEPTION** $1,000
Name/logo on reception signage, recognition in program, on the Gala big screen, newsletter and website

___ **DJ SIGNATURE DANCE** $1,000
You choose the song and DJ will dedicate to anyone you choose. Recognition in program, on the Gala big screen, newsletter, website

___ **EMCEE THANKS** $1,000
The Gala Emcee will personally recognize and thank you (or anyone you want to surprise!) from stage. Recognition in the program on the Gala big screen, newsletter, website

NOTE: PLEASE FILL OUT OTHER SIDE OF FORM

Mautner Project GALA 2004: Sponsor/Advertising Form

Please Indicate Level:

- ❑ **Platinum** $20,000
- ❑ **Diamond** $10,000
- ❑ **Gold** $5,000
- ❑ **Silver** $2,500
- ❑ **Bronze** $1,500
- ❑ **Sponsor** $500
- ❑ **Silent Auction** $2,000
- ❑ **Reception** $1,000
- ❑ **Emcee** $1,000
- ❑ **DJ Signature Dance** $1,000

(Advertising without Sponsorship)

- ❑ **Inside Back Cover** *(5" x 8")* $1,000
- ❑ **Inside Front Cover** *(5" x 8")* $1,000
- ❑ **Full Page** *(5" x 8")* $550
- ❑ **Half Page Vertical** *(2.5" x 8")* $350
- ❑ **Half Page Horizontal** *(5" x 4")* $350
- ❑ **Quarter Page** *(2.5" x 4")* $250
- ❑ **Business Card** *(2" x 3.5")* $100

❑ **I want to be a TABLE CAPTAIN!**

❑ **I can't sponsor, but would like to purchase ____ tickets at $150/each.**

NAME(S) BUSINESS/ORG. (IF APPLICABLE)

PLEASE INDICATE HOW YOU WOULD LIKE TO BE LISTED FOR SPONSORSHIP (OR ANONYMOUS)

ADDRESS CITY/STATE/ZIP

OFFICE PHONE HOME PHONE

FAX **E-MAIL***PLEASE INCLUDE*****

Amount Paid: $_____

❑ **Check Enclosed** (payable to the Mautner Project) **OR** ❑ **Charge my credit card** (Visa/MC/Discover/AMEX)

Credit Card Number Expiration date Signature

Questions/Ad Submission:
Email to Meghan Duffy at mduffy@mautnerproject.org or call (202) 332-5536 for info.

Ad Deadline: electronic art must be received (pdf with fonts please, b/w, no bleeds) by September 3, 2004.

Fax this form to 202-332-0662
***or mail to* Mautner Project , Attn: Meghan Duffy**
1707 L Street NW, Ste 230, Washington, DC 20036

Thank you for your support!

remember, you may visit us on the web at:
www.mautnerproject.org

Health.Hope.Love

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THE MAUTNER PROJECT
1707 L ST NW STE 230
WASHINGTON DC 20036-4222

"Doctors discriminate, insurance companies discriminate, researchers discriminate. Illness does *not* discriminate."

–Kathleen DeBold, Executive Director, The Mautner Project

The Mautner Project is *your* national lesbian health organization, working to improve the health and well-being of all women who partner with women through direct services, education, research, advocacy and activism.

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NL 0504

Please send me the following information:

○ General Information ○ Monthly Newsletter ○ E-mail Updates ○ Volunteer Opportunities ○ Planned Giving

○ Keeping The Promise Circle ○ Other _____

I would like to help raise money by:

○ Sending letters to people I know ○ Hosting an event ○ Other _____

NAME (S) _____

PHONE: (_____) _____ (_____) _____

EMAIL: _____ @ _____

ADDRESS: _____

CITY/ST/ZIP: _____

○ ***Yes!*** I would like to support The Mautner Project! Here is my **one-time** gift of: $25 $50 $100 $250 $500 $1,200* Other: $_____

○ ***Yes!*** I would like to become a sustaining member by donating $_____ **per month.** *(If paying by credit card, you will be charged monthly until you notify us to stop)*

○ CHECK Enclosed, or ○ Please charge my ○ VISA ○ MC ○ DISC ○ AMEX

CC #: _____ Exp Date: _____

Signature: _____

** ($100 per month or $1,200 per year confers membership in the **Keeping The Promise Circle**)*

○ I'm not able to donate at this time, however, please send me the requested information as noted above.

My gift is in ○ Memory ○ Honor of: _____

○ Please acknowledge my gift to:

_____

_____

_____

(Please include name and address to send acknowledgement)

○ Please make it anonymous.

The Mautner Project is a 501(c)3 organization. Your contribution is tax-deductible as allowed by law. Thank you for your generous support.

Please make checks payable to:
The Mautner Project